

## DONGGUK INTERNATIONAL VIRTUAL SUMMER SCHOOL

<b>COURSE TITLE</b>	Meditation Practicum: Cultivating Healthy Minds	
<b>DATES</b>	July 5(Mon.), 2021 – July 19(Mon.), 2021	
<b>COURSE TIME</b>	17:30-21:00	
<b>CREDIT HOURS</b>	3 credits	
<b>PROFESSOR (Team Teaching)</b>	Hee Jung Min (HyeJu) ( <a href="mailto:aravindamhj@gmail.com">aravindamhj@gmail.com</a> / Dongguk University-Gyeongju/ South Korea)	
<b>COURSE DESCRIPTION</b>	<p>This course covers a wide spectrum of Buddhist meditation practices, including mindfulness meditation, concentration meditation, and Seon (Zen/Chan). Students will learn how to approach Buddhist meditation practices and explore how to practice them. By learning to understand their selves and interconnectedness among all beings, students will be able to observe how their mind works and explore how to live in harmony with all other beings with healthy and compassionate mind. This course will also discuss the global movement of meditation practices and the benefits of practicing meditation for well-being. Students will learn to apply these meditation practices to their daily lives.</p>	
<b>SCHEDULE</b>	<b>DAY 1</b>	Class Orientation
	<b>DAY 2</b>	Introduction to Meditation Practices & Discussion
	<b>DAY 3</b>	Sitting and Breathing Meditation & Discussion
	<b>DAY 4</b>	Breathing and Walking Meditation & Discussion
	<b>DAY 5</b>	Mindful Eating and Tea Meditation & Discussion
	<b>DAY 6</b>	Breathing and Relaxation Meditation & Discussion
	<b>DAY 7</b>	Korean Bowing Meditation and Seon Practice & Discussion
	<b>DAY 8</b>	Positive Mindfulness Meditation & Discussion
	<b>DAY 9</b>	Loving-Kindness and Compassion Meditation & Discussion
	<b>DAY 10</b>	Movement Meditation & Discussion
	<b>DAY 10</b>	Integrative Meditation & Discussion
<b>TEXTBOOKS/LEARNING RESOURCES</b>	N/A	
<b>EVALUATION</b>	Attendance: 35%	
	Participation: 35%	
	Mind Journal: 30%	